



2009 10U Capital City Football League Rules & Procedures

1. The rules for the Capital City League have been developed through the cooperative effort of Parks & Recreation staff and coaches involved in the program. The goals of this league are to teach fundamentals, develop skills, promote good sportsmanship and encourage participation. This is an instructional league. Standings will not be kept. There will not be play-offs or trophies.
2. Minnesota State high School rules apply with the following exceptions.
3. Age Guidelines: Players age on November 15, 2009 determines the level of play & participants must be 8 years old by August 1, 2009. No exceptions!
4. Rosters are due at the weigh-in. Rosters must be done electronically and completely filled out and signed by the rec center director (St. Paul teams) or program representative (non-St. Paul teams) before they are turned in. The roster limit, unless negotiated with league administrators, will be 30 players. Players will be asked to provide age verification at the time of weigh-ins.
5. All players must be weighed in before they can play. **Players may only weigh-in one time, no exceptions!**
Weigh-ins will be conducted Aug. 24-Sept. 1 by your Area Sports Specialist. New players added after Sept. 1st must be weighed in and added to the official roster prior to competing on Sept. 12th. Rosters will be frozen by Saturday, Sept. 12th, 12:00pm. **Individual/Late Weigh-in date: Sat. Sept. 12th (7:30am-12:00pm) at the Municipal Athletic office, 1500 Rice Street.**
6. All players must be weighed in. Weight limit for skilled positions: quarterbacks, running backs, tight ends, wide outs, linebackers and defensive backs will be 100 lbs. Players have no restriction on what they must wear for weigh-ins. Uniforms or street clothes are O.K. Weigh-ins are conducted by St. Paul Parks and Recreation staff.
7. Ball Carriers: Players in any of the following positions can be ball carriers and must meet the 100 lb. weight limit: all backs and ends on offense and any position off the line more than 3 yards for defense. Any player weighing more than 100 lbs. may never be lined up in a ball carrying position or may never run with the ball. (Exceptions: fumbles or pass interception).
8. Restrictions on non-ball carrying players: Plays cannot be designed to get around the weight limit rule, such as tackle eligible, fake punts, etc.
9. At Conway, players and coaches will be located in the area between the fields. Only 4 coaches per team will be allowed with the players. No parents will be allowed in this area. Parents will be located on the opposite side of the field from the players.
10. A junior sized football will be used. Field size will be 80 yards in length.
11. Time limit will be two 25 minute halves (running time). Teams will not switch directions until half-time. Each team will receive two time outs per half. The clock will only stop on injuries and time outs.
12. Each player should play a similar amount of time. Saint Paul Parks and Recreation minimum playing requirements apply.
13. Immediately following their game, teams will move off the field and away from the sidelines (especially the space between the two fields) so the next game can start on time.
14. For the start of the game, the ball will be placed on offenses' own 20 yd line. Opposing team will get the ball on their 20 yd line to start the second half.
15. Standard defenses will be a 6 or 5 player front. Only the lineman can be within 3 yds of the neutral zone. All other players must be a minimum of 5 yds from the neutral zone behind the lineman.
16. Linebackers must be at least 5 yards behind the ball. Once the ball is centered, linebackers may come forward.

Any forward movement by the linebackers before the ball is centered will be considered a neutral zone infraction. It will result in a five yard penalty. Inside the 10 yard line linebackers may move up to 3 yards. The same penalty will be called for early movement from the 3 yard depth.

17. All punts will be frozen. No players on offense or defense may leave or cross the line of scrimmage until the kick or throw is made.

18. Time spent in the huddle should be no longer than 45 seconds. The team will receive a warning the first time it exceeds the 45 seconds and after that it will be a delay of game penalty (5 yards and re-play the down). This rule will be relaxed through the first regular season game.

19. Only one coach per team is permitted on the field during play or in the huddle. During time outs, 2 coaches will be allowed on the field with their team.

20. Challenging ineligible players: weight, age or non-rostered. Coaches will notify the referee immediately. The referee will have the player sign his/her name on a special card they will carry and then turn it in to the commissioner. The youth may still continue to play. The challenge will be dealt with by the commissioner as soon as possible. If the referee asks a player to sign the challenge card, he/she must sign the card or he/she will not be able to continue playing.

21. Officials' calls cannot be protested. If a coach feels an official has misinterpreted a rule, that coach should contact the league director so that corrections can be made for future contests and we can continue to improve the skills and knowledge of our officials.

22. Each team must supply volunteers for the chains and down markers.

23. Spectator behavior: spectators will not be abusive to players, officials, coaches, spectators or recreation staff. In accordance with the new code of conduct for spectators, abusive spectators will be given a conduct card for their first infraction. If the behavior continues, the game will stop until that spectator leaves the field. Coaches who are having problems with their spectators or parents should consult with their rec center director or program administrator for assistance.

24. It is the coaches' responsibility to make sure players are respectful of the officials and members of the opposing team. Sportsmanship is a priority.

25. Problems or concerns? Call Municipal Athletics at 651-558-2255.